

Aetna Fitness Program & GlobalFit® network

- Get the guaranteed lowest rates at your choice of over 10,000 gyms
- Get a free guest pass at most gyms
- Flexible membership options
- Easy billing options through your bank account or major credit card
- Save on home exercise equipment
- Try an at-home weight loss program

Aetna weight management discounts

Start feeling great and take advantage of these savings on some of today's most popular weight-loss programs and meal plans.

- Learn to control your weight long term with [CalorieKing](#)
- Save with [Jenny Craig](#)
- Lose weight and learn how to keep it off with [Nutrisystem](#)
- Find out more about a medical test or procedure
- Get help preparing for a doctor's visit

* Plus the cost of food and the cost of shipping (if applicable). Offer applies to initial enrollment fee only and is valid only at participating centers and through Jenny Craig At Home. Each offer is a separate offer and can be used only once per member. No cash value. Restrictions may apply.

Aetna Health ConnectionsSM disease management program

Get solid support managing your condition with the help of the disease management program.

- Includes support for over 35 conditions including diabetes, heart disease, cancer and digestive conditions
- Work one-on-one with a registered nurse
- Our smart technology keeps your online personal health record up to date and compares that information to current care guidelines
- Gain access to online resources to help supplement your progress

Beginning Right[®] maternity program

Learn what's best for a healthy pregnancy and give your baby a healthy start.

- Get educational material on prenatal care, signs of preterm labor, what to expect before and after delivery, and newborn care
- For "high-risk" pregnancies, your nurse case manager will follow up with you with two phone calls to make sure you and baby are doing fine
- Compare costs for doctors and health care facilities

Learn more about [Aetna's Women's Health](#).